

Self-Evaluation

Looking back over the last 2 years of this program I can see how far I've come, how much I've learnt and how much I've grown as a person. Prior to this program I was working as a Paramedic for British Columbia Ambulance Service. I believe that helped me start out this program with a solid foundation which I have managed to build up, improving not only my skills for nursing but also my assessment and communication skills for patients as a paramedic. I am now comfortable, confident and knowledgeable in different assessments, critical thinking, making care plans, assessing the need and actions of different medications, implementing nursing actions, collaborating with other health professionals, and communicating with my patients and their families. The most important skill I've learned and will continue to add onto is therapeutic communication, every psychiatric nurse should excel in this area, and I think it is by far the most important tool in our new tool box of skills. In order for me to be a valuable member of the psychiatric nursing profession it is important to remember that this is a lifelong learning process, meaning continuing competencies, new skills and expanding my knowledge is crucial for my practice to be successful. In the evaluation section of this e-portfolio you will find evaluations from my preceptors of what skills they felt I have mastered and what skills they feel I still need to work on, there is also a CRNBC Self-assessment I have taken for myself to note what competencies I feel competent in and what competencies I still need to work on. I have had the opportunity to experience different aspects of psychiatric nursing in different areas such as a long term care facility, acute psychiatry, emergency room psychiatry, community mental health, medical/surgical ward and psychosocial rehabilitation. I'm looking forward to finding out where my final practicum is so I can further my critical thinking and time management skills. My knowledge of psychiatric disorders and the different treatment options will continue to grow throughout my final practicum and career as a psychiatric nurse. These past two years have not been easy, this course has pushed me to my limits mentally, emotionally and even physically. I have come out of it as a stronger more self-aware person which can only increase my awareness of others. I am proud of how far my classmates and I have come, I have proven to myself and my family I can do whatever I put my mind too, this has been a challenging journey and I am amazed at the person and future psychiatric nurse it has helped me to become.